

# SO MANY WAYS TO HELP MANAGE YOUR HEALTH

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Now it's easier than ever to manage your health and make the most of your health plan on the myCigna® website and app.\* From programs that help improve your health to tools that help manage your health spending, there's so much you can do.



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ID cards



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hospitals and medical services



Compare quality of care  
information, including patient  
reviews from Cigna customers



Manage and track  
claims



See cost estimates for medical  
procedures



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**Feel better protected** Cigna is as committed to helping protect your health information as we are to protecting your health and well-being. That's why we take certain steps to enhance the security of your personal health information on myCigna.



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\* Actual myCigna features may vary depending on your plan and customer profile.  
\*\* Customers under age 13 (and/or their parent/guardian) will not be able to register at myCigna.com.

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